

Green/Red Pepper Soup

Written by Patricia

Tuesday, 11 November 2008 12:23 - Last Updated Saturday, 15 November 2008 00:12

Ingredients & Quantities

2 tbs. oil

2 oz butter

8 oz diced peppers (fresh or frozen) 1 Large Onion chopped

1 1/2 oz flour

3/4 pint chicken stock

3/4 pint of milk

Salt and pepper

Method

Heat oil and butter in large saucepan. Add peppers and onions and cook gently for 5 minutes. Blend in the flour and cook for 1 minute. Gradually stir in the stock and bring to the boil. Season with salt and pepper to taste and simmer covered for 30 minutes, or until the vegetables are soft. Allow to cool and liquidize in a food processor. Pour through a sieve into a clean pan, then add milk and re-heat. If soup is to be frozen, add the milk when re-heating.